

USS DWIGHT D. EISENHOWER (CVN 69)

Senior Medical Officer

CDR Jeanette FC Shimkus, DO, MPH, MC, USN

Family / Aerospace Medicine

WELCOME. On behalf of the “Mighty IKE” Medical Department, I’d like to welcome you to the Tiger Cruise 2009. You will find the cruise to be an exciting and memorable experience.

MEDICAL CARE. We have the finest military medical facility afloat. We are proud of the services that we provide our Shipmates. We perform emergency care, treat a wide range of illnesses, and perform both major and minor surgical procedures. We have basic laboratory and x-ray capabilities. Furthermore, we are committed to protecting your health and safety during the cruise.

LIMITATIONS. The Medical Department is specifically designed to handle the illnesses and injuries commonly found among healthy military-age men and women. It is not the equivalent of a hospital or community clinic. We are not able to treat all diseases, particularly of children or senior citizens who may have major health problems. We strongly recommend that anyone with serious illness or requiring special medications and treatments not come on the cruise. All individuals will be required to complete and submit a medical screening form for review and final approval by the Senior Medical Officer. Children under eight and individuals with mobility restrictions and/or certain medical conditions will not be allowed to embark for their own safety. We may be out of range of emergency air transport to shore during our transit up the Atlantic Coast. Once we sail from Mayport, there will be no specialized care available until our arrival in Norfolk.

PHYSICIAN’S RECOMMENDATION. Conditions such as active asthma, insulin-dependent diabetes, and heart disease are beyond the design limits of a warship’s Medical Department. If you have any doubts as to whether or not you should attempt the cruise, we recommend that you show this letter to your family physician and ask for his or her opinion. Their signature is not required on the medical screening form, but if obtained will aid approval to embark the ship. Also, if you require any medication, please bring enough with you for the entire trip. The Medical Department has a limited pharmacy and is not stocked to dispense more than small amounts of common medications to Tigers. Don’t forget contact lens cases and solution, and spare glasses.

SHIPBOARD LIFE. Finally, there are several things you should consider about shipboard life. While we have an outstanding Food Service Department that keeps us very well fed, there are no provisions for special meals, such as those required by low salt, low fat, or diabetic diets. The shipboard stairs (ladders) you must climb between every level of the ship are at least twice as steep as those found in the average home. You will often need to climb three to four levels of the ship to enjoy the sights, so bring good shoes with firm non-slip soles, such as running shoes – to preserve your ankles, no heels of any type are allowed. Tigers must be able to move about the ship without physical difficulty as there are no escalators or passenger elevators available. Please be cognizant of the close nature of shipboard living, particularly if prone to claustrophobia. There are no portholes once inside the skin of the ship. Be sure to bring adequate clothing and personal hygiene supplies for the entire trip.

QUESTIONS. If you have a specific question as to your suitability for the trip, please feel free to contact us at TigerCruise09@cvn69.navy.mil. Make sure “MEDICAL” is the beginning of your subject line.